

**ANNUAL PROGRAM REPORT OF GOALS AND MEASURES  
PSYCHOLOGICAL COUNSELING, WELLNESS AND TESTING  
2002-2003**

**PSYCHOLOGICAL COUNSELING**

**Counseling Center 2003-2004 Objectives**

1. The Center will be exploring ways to improve our efforts in suicide prevention and awareness on campus. (goal 4)
2. The Center is planning to create and post a link on our website that is intended to help incoming students who have a history of mental health issues to understand the opportunities and limits of our service and specific ways they can plan for their continued mental health needs within the campus and community. (goal 1)
3. The Center will support a plan by the A.S. President for a series of discussion groups among fraternity presidents on the topic of prevention of violence against women. (goal 2)
4. Thursday Night Alternative is something we are planning as a pilot program of speakers on topics of interest to freshmen to be held in the halls as an alternative activity for some Thursday nights during the fall semester. (goal 4)
5. The Red Tent was a successful event last year that was attended by many women from campus and community. The primary mover has moved on, but we will seek to continue the program fall and spring in conjunction with the Women's Center and some faculty. (goal 4)
6. Voices of Discovery is a new program the Center is seeking to implement as a pilot this year. It will try to get small subgroups of students to interact with other groups of students who are "different" from them. Such as male/female, white/latino, etc. (goal 3)
7. The Center will seek creative ways to maintain high quality services and good morale in the face of significant reductions in resources in combination with major shifts in campus leadership. (goal 8)
8. The Center will develop a clearly documented process that facilitates the appropriate release or non-release of confidential counseling records in response to record requests from a variety of sources. (goal 8)

**Counseling Center 2002-2003 Objectives and Outcomes**

1. Paul Morones is offering a new group on the topic of Coping and Caring. (Goal 2)  
Outcome: The topic did not attract enough students to form a viable counseling group.
2. Dr. Burris will be offering a new group dealing with the issues of Sex, Alcohol and Drugs. (Goal 2)

- Outcome: The topic did not attract enough students to form a viable counseling group.
3. Dr. Quinn is offering a new workshop on Managing Anxiety and Depression that will be offered four times this semester. (Goal 4)  
Outcome: The workshops did not attract a significant number of students when advertised through the Counseling Center, but showed a good turnout when offered as a Wellness Forum.
  4. Dr. Quinn is offering another new workshop on Letting Go of Perfectionism and Self Criticism also offered four times during the semester. (Goal 4)  
Outcome: The workshops did not attract a significant number of students when advertised through the Counseling Center, but showed a good turnout when offered as a Wellness Forum.
  5. Reorganize and update our library of books, audiotapes and videotapes. (Goal 6)  
Outcome: The Center's library of books and tapes has been organized and as a result is more easily usable by staff and students.
  6. Reorganize forms and resource files to make them easier for counselors to access. These are files of materials and handouts used in outreach efforts. (Goal 8)  
Outcome: Resource files were reorganized, outdated files deleted, others consolidated. Counselors report being able to find resource materials easier.
  7. Our booklet "Tips for Faculty and Staff in Dealing with Students in Emotional Distress" will be printed and sent to last year's new faculty as well as this year's new faculty. (Goal 3)  
Outcome: The booklet was printed and sent to all new faculty for 01-02 and 02-03.
  8. We are working on getting the booklet "Tips for Faculty and Staff..." mentioned in number 9 to also appear on our website and be accessible to all. (Goal 3)  
Outcome: The booklet containing guidelines for faculty and staff in working with students in distress is now on the website and may be accessed by the type of problem the student is displaying.
  9. Adjust to shifting personnel at the front desk and training of new staff. The office manager has taken a promotion to a different unit, so we are hiring a new one. The receptionist position has only been filled for a few weeks and that person is still learning the office routines and procedures. (Goal 8)  
Outcome: It has been a difficult year in that one front desk position was replaced during the summer and one at intersession. Both new employees have worked hard to learn all the aspects of their new and complex positions. The office manager has really only been through one semester and is still adjusting. But they have done a good job during transition and students have been well served.
  10. Update our Policies & Procedures Document to fit the changes that have taken place over time. (Goal 8)  
Outcome: Portions of the Policies and Procedures relating to RTP procedures have been updated to be consistent with the CSU/CFA contract. Other portions of the manual are still in process and will need additional work this coming year.